



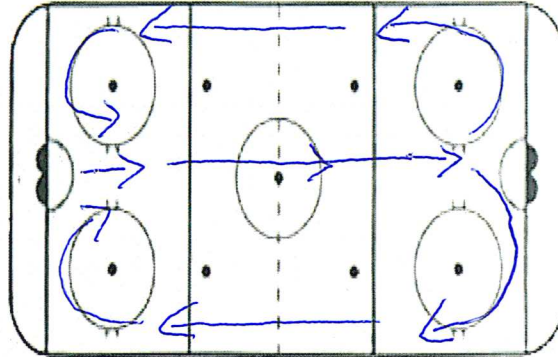
Hockey Evaluations

Novice-Pee wee



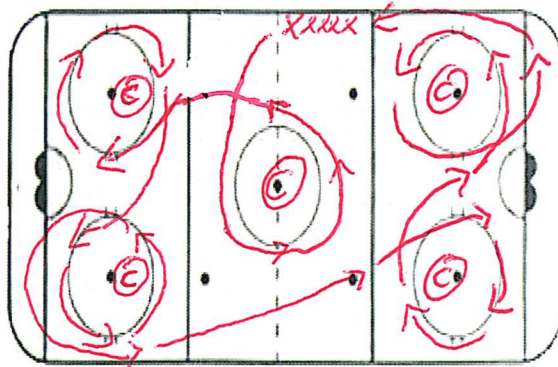
Warmup - 5 Mins

- Skate down the middle $\frac{1}{4}$ speed, peel off half each way and switch each time you go back down
- $\frac{1}{2}$ speed down the outside
- Quick circle stretch in middle



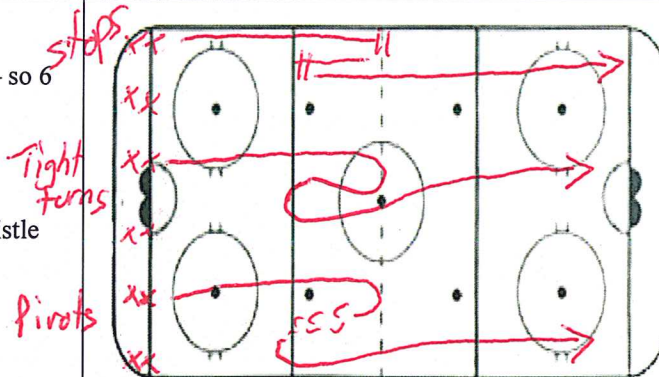
Circle Skate - 10-12 mins

- Players skate around each circle - 2x forward / 2x backwards -
- Have coach in each circle directing traffic
- Atom/pw - do 5th time to go backwards/forwards - face one way
- Continuous drill one after the other as soon as each player finishes the circle next player goes -
- Hurry players along to ensure lots of movement
- Work on crossovers - 2 pushes



Lighting Skate - 10-12 mins

- Players line up in 6 lines
- Go all the way down and back - so 6 times total
- Stops - *Always face same way*
- Tight turns - *Face same way*
- Pivots - *Face same way*
- All lines go at same time on whistle

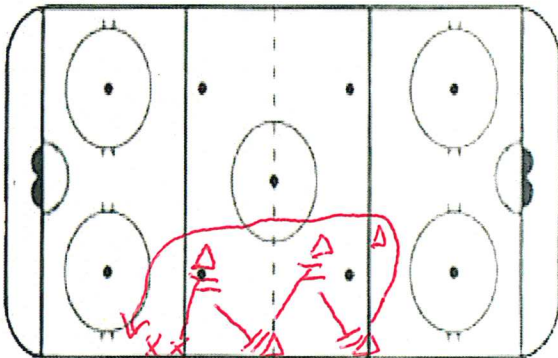


Stations - 7-8 mins per station

Stopping station

- Twice without pucks, twice with pucks
- Stop at each pylon
- Have players continuously do this as this station will be finished first but have players keep going with and without pucks

Rotate stations after the 7-8 mins till players do all 4 stations





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Novice-Pee wee



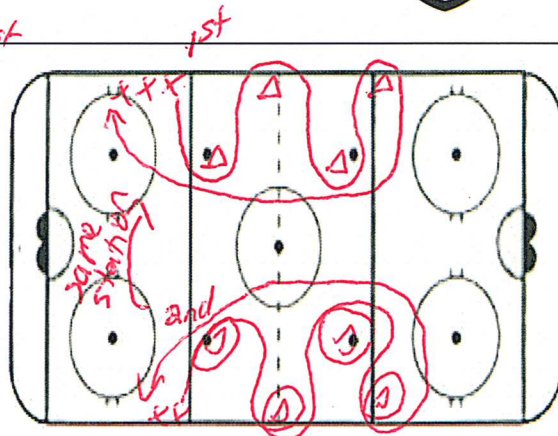
Stations – 7-8 mins per station

Tight turn / pivot station

- Twice without pucks, twice with pucks for each tight turns and pivots
- Novice players do without pucks for pivots
- Turn at each pylon
- Have players continually do this till station is over for rotating

** ensure coach moves pylons*

Rotate stations after the 7-8 mins till players do all 4 stations

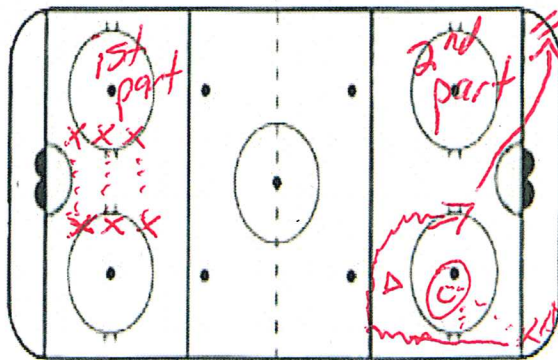


Stations – 7-8 mins per station

Passing / Stickhandling station -

- 1st have players passing standing still 10' apart, slowly spread them out to make longer pass
- 2nd start out pass to coach in motion, receive pass back, go around far pylon and shoot on goal
- Coach must move quick on this drill to get all in

Rotate stations after the 7-8 mins till players do all 4 stations

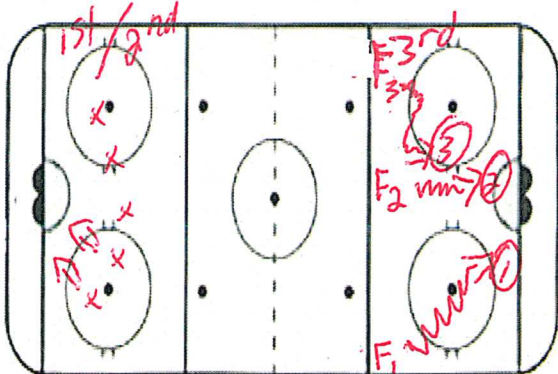


Stations – 7-8 mins per station

Shooting / stickhandling station

- 1st Line up in half moon – shoot standing still, 2nd back up and take 2 strides and shoot in motion
- 3rd – 3 lane shoot filling middle lane with F3
- Coach must move quick on this drill to get all in

Rotate stations after the 7-8 mins till players do all 4 stations



Game – 5 mins if time permits

British Bulldog – coaches in middle

After – have all players pick up pucks

